

Your Healing Arthritis Supplement Kit

Instructions for the full 90-Day Arthritis Program

Congrats! You will be receiving Dr. Blum's most highly recommended anti-arthritis supplements in this kit. Here you will find instructions for the 90-Day Arthritis program, which is the first 3 months of the 3-Step Arthritis Protocol, as adapted from Dr. Blum's book, *Healing Arthritis*.

Please note: The doses of supplements contained in the Healing Arthritis Supplement Kit are different than the doses that Dr. Blum uses in the Healing Arthritis book. In the book, Dr. Blum recommended the maximum doses of each supplement because those were the doses used in the published studies and because she wanted each person to have the best chance of the best outcome. As the book also explains, in discussing different people's experiences, the maximum dose is not always the optimal starting point for everyone. The 90-Day Arthritis Program is designed to offer you the flexibility to start with lower doses and increase the doses over time if and when you need to. Consistent with that goal, this kit contains enough supplements for you to complete the 90-Day Arthritis Program at what Dr. Blum thinks is the lowest effective possible dose of each supplement that the Book prescribes.

How will you know if you should be taking a higher dose of any supplement? We recommend that you wait until after you complete Step 2: Intensive Gut Repair to see how you feel. If you still have pain, then you should consider doubling your dosage of the following supplements: Omega 3 Fatty Acids, Super Curcumin and Collagen Complex. *To do that, you will need to buy additional*

supplements over and above the ones in the *Healing Arthritis Supplement Kit* (see directions on page 12).

As a reminder, the complete **Blum Center 3-Step Arthritis Protocol** from Dr. Blum's book is a 9-month protocol, laid out as follows below. *This 90-Day Supplement Instruction guide* takes you through Step 1, Step 2, and the first 2 weeks of Step 3 (using modified doses).

- Step 1: Two-Week Jump-Start Leaky Gut Diet for Arthritis. This step includes beginning all the anti-inflammatory supplements, which we call "Arthritis Essentials".
- Step 2: Two-Month Intensive Gut Repair
- Step 3: Finish-What-You-Started Six-Month Program. We include the first 2-weeks here.

STEP ONE:

Your Arthritis Essentials Supplements

Here are your instructions for the Arthritis Essentials supplements that you begin in **Step 1 of the Arthritis Protocol**. **These powerful anti-inflammatory supplements carry through the entire 90-Day Program** and include the supplements that Dr. Blum prescribes to her patients at Blum Center for Health.

As you begin your program, we suggest adding the new supplements slowly over the course of the first week or so, to make sure they all agree with you. While these products are tried and true and have been used over many years at Blum Center for Health, you are a unique individual and we never know if a particular supplement will cause a side effect, whether gut related, or a headache. That's why we always suggest a slow "on-boarding" process. We recommend starting two new supplements, and two days later if all is ok, you can add the next two.

Possible side effects include digestive upset like nausea, or an allergic reaction like a rash or hives. If you have digestive upset, try taking the vitamins with more food (all supplements should be taken with food unless otherwise instructed). If you have a rash or any other severe reaction, stop the new supplement right away, and put it aside. Wait for the reaction to go away before adding in the next new supplement from the list. We often suggest going back to the one that gave you a reaction at the end, once all the new products are on-board. If you aren't sure what to do, check with your Coach, after all, that's what we are here for!

Welcome to Your Supplements

Multivitamin with Antioxidants — view supplement facts [here](#)

1 bottle has 120 capsules. Our multi includes in one supplement, the Vitamin A, Vitamin E, NAC and Lipoic acid to support you throughout the program.

Essentials Vitamin C — view supplement facts [here](#)

1 bottle has 90 Capsules. Our Vitamin C is buffered to prevent stomach upset, and also includes additional bioflavonoids to provide more powerful anti-oxidant activity.

Essentials Vitamin D3 5000 — view supplement facts [here](#)

1 bottle has 120 softgels. Our Vitamin D3 is formulated as a small, easy-to-swallow, liquid gel cap.

Essentials Omega 3 Fatty Acids — view supplement facts [here](#)

1 bottle has 120 softgels. Your kit has 2 bottles so that you will have enough to see you through the entire program at the lower starting doses we recommend when taking all the Arthritis supplements together. Our fish oil is purity guaranteed (no heavy metals or toxins) and concentrated to provide the high doses of EPA + DHA you need to reduce inflammation.

Essentials GLA 240 — view supplement facts [here](#)

1 bottle has 90 softgels. Our GLA is from borage oil, and each capsule has 240 mg, providing high concentrated dosing needed to treat arthritis.

Super Curcumin — view supplement facts [here](#)

2 bottles have 60 softgels each. Your kit has 2 bottles so that you will have enough to see you through the entire program at the lower starting doses we recommend when taking all of the Arthritis supplements together. Curcumin by itself isn't easy to absorb in the gut, and so we combine ours with sunflower lecithin, (an emulsifier filled with glycerophospholipids) to make it super-absorbable so that you will reap the benefits of every milligram you take.

Collagen Complex — view supplement facts [here](#)

1 bottle has 60 tablets. Your kit has 2 bottles so that you will have enough to see you through the entire program at the lower starting doses we recommend when taking all the Arthritis supplements together. Shown to repair the damaged collagen in joints, Undenatured Type 2 Collagen is included in our joint formula and combined with a proprietary hops extract for pain relief.

DIRECTIONS:

Introducing New Supplements for the First time:

Day 1: Start with Essentials Omega 3 Fatty Acids and Super Curcumin

Day 3: Add Collagen Complex and Vitamin D3 5000

Day 5: Add Essentials GLA 240 and Essentials Vitamin C

Day 7: Add the Multivitamin with Antioxidants

Supplement Chart

Supplement	Breakfast
Multivitamin with Antioxidants	1 capsule
Essentials Vitamin C	1 capsule
Essentials Vitamin D3 5000	1 softgel
Essentials Omega 3 Fatty Acids	2 softgels
Essentials GLA 240	1 softgel
Super Curcumin	1 softgel
Collagen Complex	1 tablet

STEP 2:

Your Gut Repair Supplements

Here are your instructions for the supplements that correspond to **Step 2: Two-Month Intensive Gut Repair** of Dr. Blum's book, *Healing Arthritis*. It includes the exact supplements that Dr. Blum prescribes to her patients at Blum Center for Health to repair the gut.

As you know from reading Dr. Blum's book, *Healing Arthritis*, arthritis and joint pain are related to an imbalance in the gut microbiome. As Dr. Blum always tells her patients ... when you heal your gut you reduce inflammation, putting out the flames of joint pain.

Here is a list of what is included in your Kit. You will also find two charts that lay out exactly when and how to take your supplements. The charts are broken down into Month 1: Weeks 3-6 and Month 2: Weeks 7-10.

1. Gut Cleanse Packets: view supplement facts [here](#)

1 Box with 60 Packets. Take this twice a day, one packet with breakfast and one with dinner. This is an herbal, antibacterial and anti-yeast formula that also has some anti-parasite activity. This is the core part of your treatment for the first month of the Intensive Gut Repair and one box will last you 30 days.

Each packet includes 2 capsules of an herbal blend, and 2 capsules of oregano to treat dysbiosis; 1 enzyme capsule to improve digestion; and 1 glutamine capsule to treat leaky gut.

Instructions:

First and second day: Take 1 packet in the morning only, with breakfast.

- Beginning day 3: Take 1 packet twice each day, AM and PM. The first packet with breakfast; the second packet with dinner. Take all the packets in each box.
- You should notice a reduction in digestion and gut-related symptoms by the end of the first week, especially since you are following the **Leaky Gut Diet for Arthritis**. However, for some people this can take longer.
- **Potential side effects from herbs, whether you take ours or supplements you purchased on your own:**
 - If you have lots of bad bacteria or yeast (moderate to severe dysbiosis) you might have what's called a "die-off reaction." This means that as the bad microbes are killed with the Gut Cleanse supplements, you might feel more fatigue, brain fog, possibly a headache or GI symptoms, such as nausea. If the side effects are uncomfortable, cut back the dosage for a day or two.
 - Herbs can reduce the effect of birth control pills. While on the program we suggest using another form of contraception.
 - Herbs can interact with antibiotics. If you need to take antibiotics, stop the Gut Cleanse Packets until you are done.
 - Rarely, herbs can irritate the liver, causing nausea and vomiting. If this happens to you, stop taking the supplements and this should go away within 1-2 days. If your vomiting continues, contact your doctor.

2. GI Cleansing Herb Capsules: View supplement facts [here](#)

1 bottle with 60 capsules. For the second month of intensive gut repair, the GI Cleansing Herb Capsules will replace the Gut Cleanse Packets, which is a change from the book. We have found that for most people, moving to a less intense regimen for the second month works very well, and will continue the work of treating your gut dysbiosis and repairing your gut microbiome

- Take 2 capsules in the morning with breakfast.

3. Probiotics: view supplement facts [here](#)

2 bottles with 60 capsules each. This is a multiple-strain formula that helps reduce inflammation. You can keep our Probiotics at room temperature for weeks at a time, but best to store in the refrigerator to maintain potency if longer than a month.

- We recommend taking 1 capsule at bedtime during your first month of treatment because you should not take Probiotics within 2 hours of taking your Gut Cleanse Packets.
- Beginning Week 7, when you switch to the GI Cleansing Herbs, you have the option to take your Probiotics with dinner.
- Beginning Week 11, after finishing the GI Cleansing Herbs, you will stay on Probiotics, 1 per day, for 3-6 months for deeper gut healing and repair. At that time, you can take the Probiotics with any meal.
- You will only need two bottles of our Probiotics to finish the entire 90-Day program and will have extra left over to continue when the program is done.

4. Soothe Protein Powder with Antioxidants for Gut Integrity: view supplement facts [here](#)

1 scoop of powder each day, mixed with water, juice, almond, rice or coconut milk, or put in a blender and add your favorite fruit. We have several smoothie recipes for you to try in the recipe section of this guide.

Your kit comes with 1 canister of this protein powder, for the first month of your Gut Repair. If you like this protein shake, you can reorder [here](#), and continue it as long as you like.

In fact, it is a terrific option to have this breakfast shake for the full 6 months that you are working on healing your gut. And if for some reason you can't tolerate protein powders, you can do Step 2 Gut Repair without making these shakes, and simply take the rest of the supplements.

5. Strengthen Powder: view supplement facts [here](#)

Concentrated L-Glutamine for enhanced treatment of leaky gut.

- Add 1 tsp of Strengthen powder to your shake every morning or mix with 4 oz of water and drink before breakfast.
- Beginning Week 11, after finishing Step 2: Gut Repair supplements, you will stay on Strengthen, 1 tsp/day, for 3-6 months for deeper gut healing and repair.
- *You will only need 1 container of Strengthen powder for the full program.*

Gut Essentials Supplements Charts

Month 1: Weeks 3-6

Supplement	Breakfast	Dinner	Bedtime
Gut Cleanse Packets	Take 1 packet in the morning, before with breakfast	Beginning Day 3: 1 packet with dinner	N/A
Soothe Protein Powder	1 scoop of powder each day	N/A	N/A
Strengthen Powder	1 tsp added into the smoothie	N/A	N/A
Probiotics	N/A	N/A	1 capsule at bedtime, not within 2 hours of your Gut Cleanse packets

Month 2: Weeks 7-10

Supplement	Breakfast	Dinner	Bedtime
GI Cleansing Herbs	Take 2 capsules with breakfast		N/A
Probiotics	N/A	1 capsule with dinner (or before bedtime)	
Strengthen Powder	1 tsp added into smoothie, or mixed with 4oz of water before breakfast	N/A	N/A
Optional: Soothe Protein Powder	1 scoop of powder each day	N/A	N/A

STEP 3: The Finish What You Started 6-Month Program

- Begins on Week 11 of this 90-Day Arthritis Program
- Instructions for how to combine the Arthritis + Gut Essentials Supplements for the first 2-weeks and on

The following are your instructions in an easy-to-follow table for **Finish What You Started** using our Arthritis Essentials plus the Gut Essentials Supplements. Again, if you are feeling well, just stick with the once daily dosing with breakfast. If you are feeling much better but not all the way there, you can add the second dose with dinner.

Remember, this Healing Arthritis Kit has enough supplements to complete the 90-day Arthritis Program at the lowest effective doses. There are enough supplements in the kit to get you started for the first 2 weeks of Step 3: The 6-Month Finish What You Started Program. Below are our suggested guidelines for continuing on into your next 6 months.

Again, this kit does not provide all the supplements to complete Step 3. You might find you can begin cutting back on some or most of these as you feel better and your arthritis improves. As you personalize this program for yourself, you will need to reorder supplements as needed. We suggest you refer back to the book, *Healing Arthritis*, for guidance, or sign up for a coaching session.

DIRECTIONS: Weeks 11 and Beyond (Step 3)

Supplement	Breakfast	Dinner (optional if increasing doses)
<u>Multivitamin with Antioxidants</u>	2 capsules	N/A
<u>Essentials Vitamin C</u>	Optional	N/A
<u>Essentials Vitamin D3 5000</u>	1 softgel	N/A
<u>Essentials Omega 3 Fatty Acids</u>	2 softgels	2 softgels (optional)
<u>Essentials GLA 240</u>	1 softgel	1 softgel (optional)
<u>Super Curcumin</u>	1 softgel	1 softgel (optional)
<u>Collagen Complex</u>	1 tablet	1 tablet (optional)
<u>Strengthen Powder</u>	1 tsp	N/A
<u>Probiotics</u>	1 capsule	N/A
<u>Soothe Protein Powder (optional)</u>	1-2 scoops	